

WHAT IS CLAIMED IS:

1. A gymnastic apparatus for walking and running exercises, comprising: a resting platform extending along a longitudinal direction; a pair of bars for user grip which is provided at an upper region of and above  
5 said platform; a treading surface provided at said platform so as to allow walking and running in place activities, said treading surface being constituted by a plurality of parallel rollers that are supported so as to be freely rotatable, transversely to said longitudinal direction and within said platform.
- 10 2. The gymnastic apparatus of claim 1, wherein said rollers are grouped into a first roller set and a second roller set, which are adjacent and substantially mirror-symmetrical with respect to a plane of symmetry of the platform, perpendicular along said longitudinal direction, each one of said sets being suitable to allow walking thereon of a respective, left or right,  
15 lower limb of a user.
3. The gymnastic apparatus of claim 2, wherein said platform comprises a central longitudinal member and two lateral longitudinal members provided with respective through holes that are transverse to said longitudinal direction and coaxial in threes, said rollers of said first and  
20 second sets being rotatably supported by way of respective ends thereof in said through holes.
4. The gymnastic apparatus of claim 3, comprising a plurality of centering and reference bushings, with respective sliding bearings inserted therein, each of said bushings being accommodated in a respective one of  
25 said through holes.
5. The gymnastic apparatus of claim 4, wherein each one of said sliding bearings is substantially tubular and is made of an antifriction synthetic material.
6. The gymnastic apparatus of claim 4, wherein said centering  
30 bushings are accommodated inside said respective through holes fixed by

seaming.

7. The gymnastic apparatus of claim 3, comprising an arch that protrudes vertically from a front portion of said platform, each one of said bars being folded so as to be L-shaped and having a front end that is fixed to  
5 said arch, and a rear portion that is connected to a rear portion of said platform.

8. The gymnastic apparatus of claim 7, comprising detachable coupling for connection of said bars to said platform and to said arch and of said arch to said platform.

10 9. The gymnastic apparatus of claim 8, wherein said platform comprises, arranged at a central portion and at the front and rear portions thereof, parallel cross-members that engage in recesses provided along said central longitudinal member and said lateral longitudinal members, and are rigidly fixed in said recesses by way of screw means.

15 10. The gymnastic apparatus of claim 9, wherein each one of said central and lateral longitudinal members is substantially shaped so as to extend longitudinally along a broken line path and so as to have a respective inclined portion that forms a preset angle with respect to a surface of a resting bottom of an aquatic environment, said through holes being provided  
20 at said inclined portion.

11. The gymnastic apparatus of claim 1, wherein said platform is made of a metallic material that is resistant to corrosion and to oxidation.